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ABSTRACT

The booklet describes a sampling of projects and activities carried out by Future Homemakers of America (FHA) and Home Economics Related Occupations (HERO) chapters to indicate how they are concerned for, working with, and learning from older citizens in their respective communities. Projects range from a simple act of friendship to learning experiences meaningful to society and satisfying to both young and old. Such projects include: Extra Special People, a State-wide program of volunteer work with older citizens in Arizona, and numerous activities and programs in many other States such as redecorating old folks' homes, observing Senior Citizens' Day, young people adopting old people living in rest homes, and special activities for various holidays, especially Christmas. (NH)

UNDER 20 OVER 65

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FHA HERO

AND

THE

OLDER GENERATION

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FUTURE HOMEMAKERS OF AMERICA

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-- To help youth assume their roles in society through home economics education in areas of personal growth, family life, vocational preparation and community involvement.

-- To INSTITUTE PROGRAMS PROMOTING GREATER UNDERSTANDING BETWEEN YOUTH AND ADULTS.

Published: June, 1974

National Headquarters
Future Homemakers of America
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Washington, D.C. 20036

Editor: Pauline G. Mower

WE BELIEVE

that major problems and concerns in our society can be greatly lessened by our action as Future Homemakers of America.

Through projects with the elderly we not only obtain the satisfaction of knowing that we are helping our community, but a special kind of friendship grows between us and the aging because of our joint effort to help and be helped.

Future Homemakers of America, the national organization for secondary school students in home economics and home economics related occupations, adds the dimension of practical experience and human relationships to classroom learning through FHA and HERO chapter projects. As an integral part of the curriculum, it helps develop individual and group initiative in preparation for family life and the world of work.

The organization's program is designed to help students understand themselves and explore in depth their relationship to all segments of our society. Young people of today have the ability to look at society and analyze what is happening.

This analytical insight makes it possible for youth to assume their responsibilities for setting goals and implementing action toward the improvement of situations and the utilization of human resources. This whole process of giving of self, sharing and working with others, becomes a growth experience for the youth and is a valuable aspect of training for adulthood.

FHA-HERO members take much of the responsibility for program development. Their PROGRAM ACTION IMPACT kit was designed to help members at all levels - chapter, state and national - to plan and execute their own programs based on their own concerns. One of these concerns is the need of older citizens for contact and association with the community and particularly with the younger members of our society.

As the youth communicate and work with older citizens in their communities they are learning that those they call "elderly" still have a great deal to offer.

They discover that there is much they can learn from the talents, experience and knowledge of the older generation and much the youth can give.

For these reasons many FHA and HERO chapters throughout the country have elected to do volunteer work with the elderly. In some cases they cooperate with established programs in nursing homes or other institutions for the aging. In others they are concerned with older citizens who live in their own homes. An official representative of Future Homemakers of America serves on the Steering Committee for Services to Older Persons in Their Own Homes or Other Places of Residence - a follow-up committee to the White House Conference on the Aging.

In working with and understanding older persons youth are broadening their views with regard to members of their own families. They are finding that young men and women are especially good at bringing friendship and stimulation to lonely people in homes and hospitals. They are also learning that the older generation is made up of people with talents, abilities, skills and experiences that make them an inexhaustible human resource.

Projects range from a simple act of friendship - lending a helping hand, dispelling loneliness, letting the older individual know that someone cares and is interested - to learning experiences, meaningful to society and satisfying to both young and old.

The sampling of projects and activities carried out by FHA and HERO chapters that follow are indicative of how Future Homemakers of America in all parts of the country are concerned for, working with, and learning from the older citizens in their respective communities.

E.S.P. - EXTRA SPECIAL PEOPLE

Volunteer work with the older citizens is a State Project of the Arizona Association of Future Homemakers of America. Chapters throughout the state are finding involvement with E.S.P. (meaning EXTRA SPECIAL PEOPLE) an interesting, learning experience.

Each chapter works out its own plan according to the needs of the respective communities. The reaction to the project of the Duncan High School FHA chapter is an indication of what is happening throughout the State of Arizona.

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Members of the Duncan High School chapter found EXTRA SPECIAL PEOPLE in the Mountain View Resthome at Safford, Arizona - 36 miles from Duncan. Mrs. Barbara Powell, home economics teacher and FHA chapter adviser reports on this part of the project.

"Response to the trips is always enthusiastic as interest grows each year. The first trip which we made two years ago involved only about seven girls. This last one was so popular we had to take a bus so there would be enough room for everyone who wanted to go. They don't want to go home once we get there for they always find someone else to visit. We never get back to Duncan at the time we plan because they love these elderly people and these visits so much they stay as long as possible.

"This is one of the most popular activities our chapter has. We're glad the state of Arizona selected E.S.P. as one of its projects because it gives us an extra reason for visiting our friends in the nursing home.

"Over a period of time our chapter members have become acquainted with at least one person and are to keep in contact with them and make visits whenever possible on their own. Each visit they write letters, run errands, or just be there.

"I am hoping they begin to make these special people part of their lives and learn to understand more fully the needs of the elderly. So far it has been a big success because the young people have responded to the loneliness and friendliness of the patients in the nursing home. Hopefully, the interest in this project will continue to grow and will be a meaningful experience for the members of Duncan FHA."

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"Cherished bonds of friendship were formed that night as young people and the elderly shared smiles, kind words, and a few tender touches.

"...the Duncan FHA chapter found in promoting the state objective, ESP (Extra Special People) such a true sense of love that the experience became very much a part of their lives."

Bonnie Offutt
Duncan Chapter President

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IN NEBRASKA

Chapters in Wauneta, Geneva and Bloomfield adopted elderly persons in their respective communities. An initial visit to a rest home situation to entertain the residents most often is the motivating factor for a chapter in deciding to extend their involvement. Next step is setting up a meeting between the youth and community people representing interests of the elderly to begin making plans.

These chapters outlined their plan for action this way:

1. Each member select an elderly person as an adopted grandparent
2. Schedule monthly parties for all residents of the rest home and other "grandparents" living in the community.
3. Assist the "grandparents" in such ways as setting hair, running errands, remembering them with cards, gifts on special occasions
4. Perform other services as the need arises.

The following is just one example of activities carried out by these chapters.

The Wauneta chapter collected empty milk cartons from the school cafeteria, cut off the tops and washed them out. Then, using construction paper, pictures cut from magazines, and paper doilies, they created decorative planters. Flowers, vegetables, and a variety of green things were planted. For two weeks the FHA members watered and eagerly watched their plantings pop up.

On Valentine's Day they visited the Senior Citizen's Village and Friendship Villa each carrying a gift of a planter to bring a bit of early Spring to the residents.

These youth enjoy visiting with their old friends and hearing of their younger days and have found that a simple gift serves to "break the ice".

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YOU'RE NEVER TOO OLD --

To Get a Kick Out of Life!

Members of the Eva Gordon Chapter of Future Homemakers of America have been demonstrating this to the elderly in Magnolia, Mississippi for fifteen years.

"Senior Citizens are FUN! During my four years in the Eva Gordon chapter not a single year passed without a meaningful project for the elderly. We enjoyed working with the Senior Citizens so much that each year we expanded our program... We like to give the Senior Citizens in our community a reason for getting up in the morning."

Sheila Martin

"It's great to be a highlight in someone else's day."

BRIGHTENING THE OLD FOLKS HOME

Bare walls in an Old Folks Home inspired the 150 members of the Clearfield, Utah chapter to make attractive wall hangings. Profits from a Bingo Party supplied the money to purchase the materials.

A wall hanging was delivered to each person in the two homes in Ogden and the young and old visited and sang together - a bright spot on the wall and a bright day for all.

SENIOR CITIZENS DAY OBSERVED

Members of the Scottsburg, Indiana chapter made Senior Citizens Day a special one by volunteering free service to any senior citizen in the county. They washed windows, washed cars, ran errands, mowed lawns, picked up trash and any other odd job that needed doing.

WHAT CAN WE DO?

PLENTY!

Iowa State Officer Julia Lenth encouraged volunteer work with the elderly by listing ten suggested chapter activities in the State Association's newsletter.

(1) Adopt an elderly person. Look into their heritage and spend time with them. Remember them on birthdays and other special occasions.

(2) Provide care-telephone-service. A phone call now and then to just talk brightens their day.

(3) Run errands such as carry out the trash, move furniture, buy groceries, mail letters or pick up mail. Ask the senior citizens to put a poster in their window when he or she needs an FHAer's help.

(4) Plan a Getting to Know You Day. Send invitations and explain what FHA is about. Ask them to bring a craft or hobby. Have musical entertainment at the party.

(5) Visit people at the local nursing homes and homes of the shut-ins. Remember them with cards and kind thoughts.

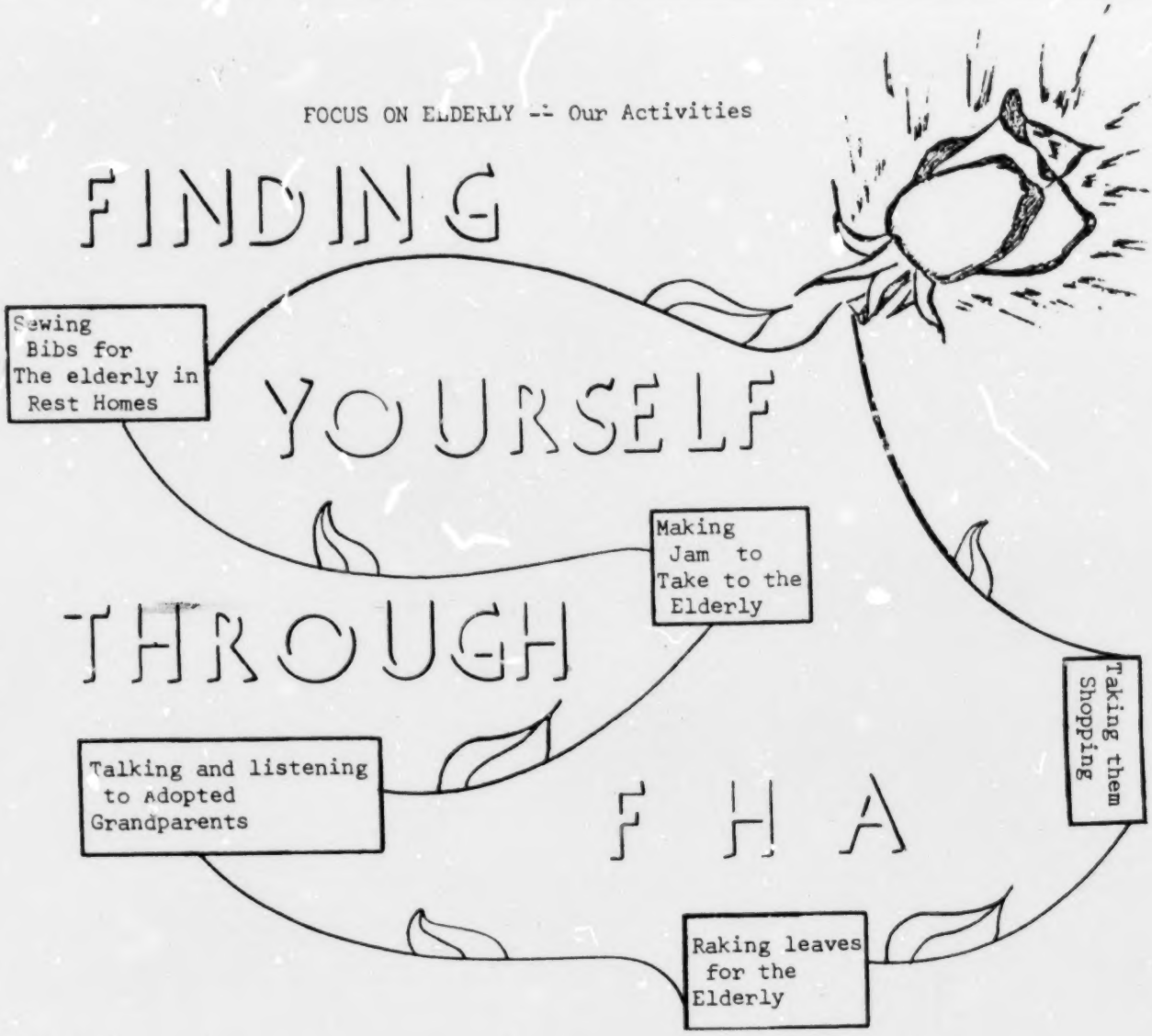
(6) Hold a Senior Citizens Fair. Ask them to bring their crafts, play games which they can participate in, and put on a program. Can have an evening meal. Provide a pick up service and drive them safely back home again.

(7) Entertain at a Senior Citizens' Club. Plan parties in detail. Do the decorating, prepare refreshments and the program.

(8) Take them to church, shopping, for pleasure rides, frequently call and make calls, arouse their interest in school activities and just visit.

(9) Make Christmas cards and other crafts for them.

(10) Hold a Senior Citizens-FHA potluck dinner.



Lennox, South Dakota chapter put up this bulletin board in the FHA Center to show some of their activities with the elderly.

Joy Tuscherer reported that the chapter works primarily with residents of the Good Samaritan Center and the low-rent housing complex. Each member selects an adopted grandparent as her special responsibility to visit frequently and help in anyway she can.

Denise Tate had this to say about her adopted grandmother.

"I don't know, maybe it's because we're not related that we can just plain talk about things. If I talked to anybody else about weather or just happenings around school, I'd feel dumb and would think that they would think, 'Boy, what a bore!' or 'Gee, what a dummy!' I can talk to her about almost anything. Something trivial like the weather or some of our nation's earth-shaking problems and crisis."

Lennox FHAers also find it's fun to think up things as special surprises for their elderly friends. So, after studying food preservation in home economics class they went on a jelly-making spree.

The jelly jars were labeled, decorated and gift wrapped and personally delivered as a pleasant surprise to each adopted grandparent.

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Hope it turns out O K.

It did. Now seal it up.

Label and add a fancy wrapping.

Deliver personally to your favorite "grandmother".

DO THINGS WITH THE ELDERLY

Rolayne Ailts of Flaundreau, South Dakota, explains what working with the elderly meant to her chapter members and how they discovered that communication is the key to understanding.

What first comes to your mind when you hear the word elderly? Do you think of an intelligent, warm, interesting person who has experienced life and acquired a quiet wisdom? What probably comes to mind is a feeble, lonely depressed person.

The attitude toward our project to work with the elderly at first was an "I should do this" approach. It was when we got to know our elderly friends that enthusiasm presented itself.

In our project we did deal with the feeble, the lonely and the very ill, but we also dealt with many older people who had fascinating stories of life before our time, who could teach us useful and interesting crafts, who love to square dance, and who are interested in you and what you are doing.

"We've found that they have interesting things to say and good ideas to share with us."

For the past two years our chapter has had adopted Grandparents from our local nursing home. This year we decided to expand our project making it a part of our home economics classes. We chose the title Do Things WITH the Elderly rather than FOR the Elderly, because we had learned that we would be the receivers, as well as the doers.

Many of our elderly friends came to our classes to help us learn to crochet, to show us what tatting is, to help us learn to quilt and do soap carving. While we work with them we visit and hear stories of their own youth.

We did not forget our older friends who live in town. We helped them by cleaning yards, taking off storm windows, putting on screens and making ourselves available to run errands.

The following poem written by our chapter expresses our feelings about our elderly friends.

HOW MUCH WE HAVE GROWN

Life is exciting when you are young
And it's on to the future we go
But wait! Slow down! Come meet my new friend
It's someone you really should know.

Old folks? - we thought they were slow or dull
Completely "out of it, man"
But they've learned to know what life's all about
And can give you a start on your plan.

Don't miss this chance to sit at their feet
And learn of the fullness of life
With an arm on your shoulder they'll tell you of joys,
Successes, and struggles, and strife.

Just listen and learn for these "oldies" are wise
And can give you a pointer or two
Reach out your hand to an elderly friend
And you'll find a purpose anew.

It was through FHA we discovered our friends
And through them how much we have grown
Our thought was to help them, how little we knew
For the benefit was mostly our own.

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HAPPINESS IS CARING - IN SOUTH DAKOTA

The project "Happiness Is Caring" gave the members of the Sturgis FHA chapter a better understanding of the elderly. Their monthly visits to the nursing home brightened the day of the elderly patients.

The youth worked closely with the Nursing home staff and Director of Special Services to help out where it was most needed. They wrote letters, groomed the ladies hair, took those who were able on walks around the area, read to patients or spent time just visiting with them.

"We get a glimpse of different surroundings and what they were doing when they were the age we are now."

On special occasions and holidays the chapter planned parties and special entertainment. Enlisting the cooperation of the drama classes and school chorus, they presented short plays, poems, skits, and singing.

When they discovered that eating was a problem for some of the ill or feeble patients, large eating bibs were made in their home economics classes to keep clothing neat and make the meal more enjoyable.

In addition to the volunteer work at the nursing home, the chapter also became involved in the Senior Citizen Center. They assisted with making the decor of the center more attractive, created various interest centers and designed a large bulletin board.

At both the nursing home and the Senior Citizen Center the chapter provided favors and refreshments from time to time and always involved the elderly whenever possible in their sing-alongs, games, programs, and discussions. A secret "grandmothers" tea is a highlight of the year.

BRIDGING TWO GAPS WITH ONE PROJECT

IN GEORGIA

The Doerun chapter found a way to bridge two generation gaps. In cooperation with the women's organizations of two local churches they planned for and presented monthly meetings for the Senior Citizens.

At an October meeting they planned games for a Halloween Carnival, presented a "cake walk" as part of the entertainment, and helped serve refreshments.

A "Then and Now" theme was chosen for another meeting. The youth presented the early part of the program consisting of songs from the two eras. Then members of the Senior Citizens Club displayed and discussed quilts they had brought for the occasion. When it came refreshment time the oldsters were delighted to find that the FHAers had prepared sassafras tea and old-fashioned tea cake in keeping with the theme.

"Little things like these bring our generations closer together."

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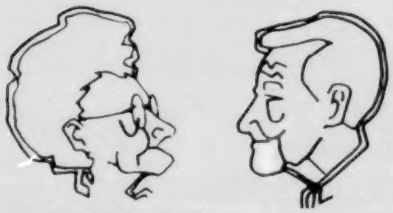
Chapter members gained a greater understanding of the older generation and most important they have learned to join forces with adults to benefit the Senior Citizens. The gap between generations in Doerun is rapidly disappearing.



INVOLVEMENT WITH THE AGING

Involvement is a very important word; it means caring enough to spend a lot of time doing something worthwhile, something for someone else. Involved is what we FHAers have been doing this past year, with the aging people in our town. I've talked with people from many different chapters, and the projects have ranged from giving parties in a certain convalescent home on holidays, to providing services such as driving them to church or shopping; and even actually "adopting" a granny or granddad and making visits.

This kind of involvement with the aging was not only a "give" situation on the part of the FHA members, but rather a mutual "give and take" between the FHAers and their granny/granddad. It is very easy for a student to become quite attached to the patient, and vice versa, and it is for this reason that this project was especially meaningful. This involvement will not dwindle at the end of the year when new state projects are chosen, but will last and reward both the FHAer and the patient with many happy experiences.

(Reprinted from The Florida Future Homemaker)

IN MISSISSIPPI

The Ripley High School chapter members have visited the local nursing home -- singing, reading, grooming hair, and doing favors for the patients. In the neighborhoods they have driven the elderly to purchase medicine, to get groceries, to the doctor's office, to Sunday School, Church, and other places they wanted to go. Some members have invited them to their homes for dinner and others have cooked food and carried it to their homes.

Through this association some of the senior citizens have taught the girls to embroidery, crochet, knit, and to make quilts. All have found it an interesting and meaningful experience.

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It's the "youngies" against the "oldies" when the Nashua, Montana chapter puts on a Senior Citizens party. Whether it's checkers or gin rummy or some other favorite game, the friendly rivalry is serious business. Who wins? Usually the "oldies" as far as the games are concerned but everybody wins from the comradeship and an enjoyable evening.

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Winner, South Dakota -- Sing-Alongs are fun when everyone joins in on the old tunes.

WE NEED HELP! Members of the Pollack, South Dakota chapter wanted to learn how to crochet. Where better to get expert instruction than at the Senior Citizens Craft Program.

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Newark, New Jersey - East Side High School HERO chapter delivered their hand-made decoupage pieces to their friends at the Little Sisters of the Poor rest home.

ELDERLY, YOUTH, AND AMERICA

IN MICHIGAN

When the Brown City High School FHA chapter met to consider a project they arrived at an agreement on two major concerns:

1. Lack of activities for the Senior Citizens and elderly of the community and the bad outlook of both young and old upon people and ideals of other generations;

2. Lack of knowledge and interest of youth in the American Heritage, especially in the area of American traditional skills and crafts.

They were also aware that the Bicentennial Commission had asked the vocational education youth groups to carry out meaningful projects to improve their communities.

The twenty-five members of the chapter decided on a project that would combine all of the above - getting the older citizens of the community to help youth in learning of the American crafts and sharing in the "spirit" of America.

For a beginning chapter members studied about the elderly - their ideas, way of life, problems, joys, and early American crafts. They looked at films on the aging and had speakers from the Senior Citizens Club at their meetings.

Two special evening programs were organized. Crafts-Americana Night was planned for youth and Senior Citizens to explore together some of the vanishing crafts found in early America. Demonstration tables were set up, manned by senior citizens who displayed their particular crafts or hobbies and answered questions as the youth moved from table to table. The demonstrations, included crocheting, hand and machine quilting techniques, needlepoint, tatting, ribbon weaving, afghan looming, and steps involved in oil painting.

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The oldsters gave youth a personal glimpse into America's past. The evening was such a success plans were immediately begun for another "heritage" evening.

Working together the FHA youth and Senior Citizens put on a combination Ramble-In Antique and Round-Up Fashion Show. Early American antiques and mementos of the past were exhibited. Senior citizens were delighted to discuss the background of the various items. On display were butter churns, rusty gunpowder packers, yellowed photos and "can't-bear-to-part with" family treasures.

The evening ended with a BUSTLES TO BOOTS fashion review featuring clothes from Revolutionary Days to today. Great Grandmother's wedding gowns, ball dresses, farm clothing and Gay Nineties apparel were among the fashions modeled by both young and old.

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These programs were a work-together, share-together experience for both age groups, as well as proving that there is more to a Bicentennial celebration than flag waving, firecrackers and fancy festivals.

Strengthening Home And Family Living Through Communication

With the emphasis, Strengthening Home and Family Living, the Louisa Chapter of Future Homemakers of America began this school year with communication as our major concern.

The members and officers of our chapter felt a definite need for improvement with the communication problems that sometimes exist between young and older individuals. This communication gap was bridged by the current interest in home accessories of by-gone days. Using these as a common interest the members of the chapter decided to invite their grandmothers to a meeting for an exchange of talents. Students and grandmothers alike brought accessories for the home which they had made. Members were delighted to find that common interests served as an interesting and rewarding basis for conversation. Each grandmother and student had an opportunity to display and explain hobbies they had worked on in their leisure time. Both parties felt that having a constructive hobby was a fine and rewarding experience.

(Reprinted from THE VIRGINIA FUTURE HOMEMAKER)

IN HAWAII

The ninety-six members of the Kauai High School chapter at Lihue set up a planning committee to master-mind their project "Living With the Elderly". Goals developed by the youth were to participate in and learn more about the senior citizens programs, stimulate interest and awareness of the aged population, and promote a closer relationship.

To gather information they consulted with the Committee on the Aging, Department of Social Services, Health Department, and hospital personnel. They talked with Grandparents, did Library research, collected newspaper articles, brochures and pamphlets, and had speakers on the subject for chapter programs.

Kathy Yukimura, National Committee member of Future Homemakers of America, who supervised the project, gave the following report of the chapter's activities.

"Our chapter members were interested in what life was like forty or fifty years ago. So, we planned a Panel Discussion on the subject. Panel participants were four senior citizens and a translator from the Kauai Committee on the Aging - a Filipino, a Japanese, and two Portugese. The language barrier was difficult at first, since all spoke in broken English, but as each relaxed and became engrossed in the discussion, it became easier to understand one another. FHA members had many questions to ask. They began to realize the vast changes which had taken place in the lifetime of our elderly visitors.

The stories they tell and the knowledge you gain helps you better understand your world.

"The lively interaction continued through the luncheon prepared by the chapter. Interestingly enough we learned that our activity meant a great deal to the Committee on Aging, as well as to ourselves. The committee was concerned that the valuable history of Hawaii would be lost, if no one took the initiative to record the life stories of our older citizens. They had come equipped with a tape recorder to capture the memories of our guests."

"We learned that the senior citizens met every Tuesday morning for programs and socializing. One Tuesday we baked cookies and cakes for their coffee break and enjoyed our newly made senior friends so much that we continued participating in their meetings.

"Another exciting activity was our Smorgasbord. With the help of our Moms, the chapter prepared foods originating in the countries of our ancestors. Families, Grandparents, and any elderly friends were invited to this gala event. There were Japanese, Chinese, Filipino, Portugese, and American foods - each dish having a flag of its native country. After dinner we all played Bingo. Such a fun night will long be remembered and will be repeated next year.

"I never knew old people could be so much fun!"

"Our project isn't over. Next year we would like to organize regular sessions where we can learn crafts and hobbies of the past. We feel we would not only learn a great deal from our senior friends, but we would also help them to become a more useful part of our society.

"This year has been exceptionally enriching. FHAers learned so much about the aged and are experiencing better relationships with our own Grandparents and with the elderly people in general in our community.

"Lack of communication, a barrier that has always existed between young and old, is gradually breaking down through the combined efforts of all involved. To see such changes is a rewarding experience and serves to motivate us to continue our efforts toward building a better world."

KIDS ARE KREATIVE

Things Future Homemakers of America come up with to brighten up the lives of the older citizens are as varied as the creativity and imagination of youth. On these pages are just a few of their ideas.

Bacon County High School chapter at Alma, Georgia used a unique idea of having a "Learning Lost Arts" booth at the county fair to begin their project of understanding different age groups with differing abilities. Handicrafts were borrowed from older people for display and both young and old worked together in the booth.

"The activities which take place during the visit are not as important as the fact that someone comes and offers continuing companionship to an older person who may otherwise feel lonely and isolated."

Liberal, Kansas High School chapter prepared 200 bedside bags to be used by the Countryside Manor Nursing Home.

The Laramie, Wyoming High School chapter made flowers constructed out of pipe cleaners, material, wire and florist tape to deliver to the Albany County Manor residents. For Halloween they made pom pom pumpkins and witch favors to place on eating trays.

Rockmart, Georgia High School chapter collected fruit, wrapped it in cellophane, tied it with colorful ribbons, then made tracks to the Polk County Nursing Home to bring in a bit of sunshine on a rainy afternoon.

W.C. Pryor Junior High School chapter at Walton, Florida made lap robes and "saddle bags" for their adopted grandparents.

Greencastle, Pennsylvania High School chapter got the community to set up a "crafts from the past" room where chapter members could visit with and learn from the older citizens.

GRANNY PANEL

IN INDIANA

Ever hear of a "GRANNY PANEL"? That's what the members of the Southern Wells High School chapter called one of their programs. Participants on the panel were Senior Citizens from the local community.

Each "Granny" gave a brief presentation of happenings in her youth, sharing secrets of her own dating days. They discussed such things as age for dating, curfew, and going steady.

As the evening progressed with a question and answer exchange, it was clear that "parents and grandparents really aren't very different than youth today." All felt that "the generation gap really isn't so important after all."

Communication and understanding through a simple "GRANNY PANEL" evening served to break down many of the barriers between the generations.

CHRISTMAS IS A TIME FOR GIVING

"We may just sit, have a good conversation, or look at pictures together."

Thousands of youthful members of Future Homemakers of America who do volunteer work with the elderly during the year, give up many hours of their own leisure time to plan something special to bring the spirit of Christmas into the lonely lives of the aging.

In addition to the "usual", chapter members come up with novel ideas resulting from a desire to do something just a little different for their older friends.

The Lynn and Haleyville chapters in Alabama decided "no-one is too old to enjoy a Christmas stocking." Putting action to words they set about making a stocking for each of the residents at the nursing home.

Yards and yards of red, green and white felt, patterns, needles, thread and scissors were coupled with willingness, enthusiasm, imagination and creativity. Stockings were trimmed with Christmas appliques, bells that tinkled, bows and ribbon. FHAers worked in their home economics classes, in their spare time and at chapter meetings. When 100 Christmas stockings were ready they were filled with apples, oranges, tangerines, wrapped hard candies, gum and other goodies. Tucked inside the top were short notes of Christmas greetings and the name of the sender. The young people delivered the stockings hanging one for each resident. They made a colorful decoration, provided extras for snack time, and a nice visit from the youth who delivered the stockings.

CHRISTMAS IS A TIME

FOR PLAYING

SANTA

Members of the Brookhaven, Mississippi chapter met at night to make ceramic coffee cups in the shape of Santa Claus for each resident of Moore's Nursing Home. The young people arrived at the Home with a Christmas tree and a box of decorations. After trimming the tree, they presented the Santa cups and Christmas cards to each resident.

Newport, Washington chapter set out to knit and crochet enough slippers for everyone in the local Nursing Home. The chairman made and posted a chart showing the number of slippers completed. Enthusiasm ran so high non-members pitched in to help with this Christmas activity. One hundred pairs of slippers wrapped as Christmas presents were delivered at the Nursing Home's annual Christmas party.

"One night when
I was home after
school I thought
of my adopted
grandmother
I made some
cookies and let
them cool
It's fun to
share with one
another."

The Winona, Mississippi High School chapter spent the week before Christmas working as "Santa's Little Helpers". Each of the thirty-seven members was responsible for three empty baby food jars which they decorated with Santa faces and caps. The costumed food jars were stuffed with a variety of candies and on Christmas Day were placed on each lunch tray at the Riddell Nursing Home.

THOUGHTS ABOUT MY FRIEND

My Elderly Companion is 80 years old.

She has high blood pressure and she cannot walk.

I have helped her out as much as I could.

In September I went to see her twice and took gifts.

I helped her with her housekeeping every month.

I took food on certain days of the month.

I would stay with her while her husband was gone somewhere.

She and I would sit around and talk about her life and mine.

She enjoys having someone to talk to.

Last summer I helped her tend to her garden and can and freeze her vegetables.

In October I helped clean house and did a few things around the yard such as mowing and working in the flowers.

She is in a wheel chair but she can walk a little when someone is helping her.

She always seems happy seeing me come to visit.

She enjoys everything in life and looks forward to the next day and wishes people all the happiness in the world.

She is a very nice elderly companion and I have received more from her than I have given.

Marie Newman
Member Intermediate School FHA Chapter
Hillsville, Virginia

Interaction between young and old can have interesting results. District B Future Homemakers in the State of Maine chose the theme "YOUNG AND YOUNG IN HEART" for a fall meeting. A letter written by one of the Senior Citizens to the local newspaper explains what can be accomplished when young and old communicate.

To The Times:

"It was my great privilege to attend the District Convention of the Future Homemakers of America held at Mt. Desert Island High School October 18. Eight schools were included and their convention theme was Young and Young In Heart. I am proud to have been invited to participate as one of the young in heart.

"After the business meeting we went to a room where tables were arranged for the 'Buzz Session'. Fifteen girls and one adult were seated at each table and I was very impressed with the girls at my table. Even the shy ones who did not ask as many questions were avidly interested in the answers to those asked by others. I am thankful that I have read a lot, keeping in touch with the problems of today's young, since their questions demanded answers of a person who is cognizant of their life today.

"...The girls had not prepared questions in advance of the meeting, but were never at a loss to find some to ask -- on modern dress, especially hot pants and slacks, on the new moral code, X rated movies, the drug problem, communication between parents and children, abortion, women's lib, divorce, mothers who worked, parents bickering before children, and many others of lesser importance. I had steeled myself to face one on trial marriages and was thankful it was not asked; I was unprepared to cope with that one.

"I am convinced that if people who are critical of young people would but take time to be with them more, trying to understand their attitudes, that there would be far less criticism. To my mind, girls in the 12 to 16 age group are much more aware and advanced than girls in my generation. Radio and Television may partially account for this, but the great desire to learn would be my choice of an answer... Our future is in good hands."

FUTURE HOMEMAKERS OF AMERICA

A SELF-SUPPORTING, NONPROFIT, NATIONAL ORGANIZATION FOR STUDENTS IN HOME ECONOMICS AND HOME ECONOMICS RELATED OCCUPATIONS, OPERATING AS AN INTEGRAL PART OF THE HOME ECONOMICS EDUCATION PROGRAM IN PRIVATE AND PUBLIC SECONDARY SCHOOLS.

TWO TYPES OF CHAPTERS:

FHA CHAPTERS -- place major emphasis on consumer education, homemaking and family life education combined with exploration of jobs and careers.

HERO CHAPTERS - (Home Economics Related Occupations) place major emphasis on preparation for jobs and careers with recognition that workers also fill multiple roles as homemakers and community leaders.

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